

### Heart Facts:

- Your heart works very hard. It beats about 100,000 times a day and that's around 35 million times in a year.
- High blood pressure is the leading contributor to heart disease. 32% of those who suffer from it don't even know they have it. The tragedy is that it is easily detectable and in most cases, controllable.
- "Heart disease is a man's disease" is a myth. As many women as men are affected by heart disease.

### My Personal Blood Pressure and Pulse Record

Normal Diastolic and Systolic Blood Pressure is less than 120/80



(916) 552-9870

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| MM/DD/YY | Systolic BP | Diastolic BP | Pulse |
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| MM/DD/YY | Systolic BP | Diastolic BP | Pulse |
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